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Computers hacked in Student Union bowling alley

Chief information security officer says K-State has reduced compromised information by 70 percent in last two years.

Elizabeth Hughes staff writer

Bold, disconcerting black letters jumped off the screen of three computer monitors at the K-State Student Union bowling alley last Friday evening, forming explicit messages for all of the unsuspecting patrons to see. It was clear that this prank was more than a mere joke; the bowling alley had fallen victim to a computer hacker.

Harvard Townsend, chief information security officer, said that the university is in fact in a constant battle with computer hackers, trying to ensure that the campus and its network is secure for all

"The Union had a new system installed in the last couple weeks and the vendor did not install it securely," Townsend said. "It was left vulnerable so it was hacked into from overseas. We have since cut off that access."

Tricia Brensing, sophomore in communication sciences and disorders, said she feels she would be really confused as to what was going on if she was bowling and those

messages popped up.
"I feel like you go bowling just to have a fun, relaxing time and don't expect some-thing like that to happen," she said. "That's crazy that someone is able to hack into K-State Student Union computers. It blows my mind that

they could hack into our systems at K-State, and makes me wonder what else they could have access to.

The messages, which included profane language and homosexual slurs, were displayed briefly on the monitors of the bowling lanes until the Union staff was able to shut it off. Townsend assured that this particular hacked software is solely responsible for operating the lanes and displaying the bowling scores, and involved no credit card or personal identity informa-

"The hacker was actually very kind to alert us by throwing these images up on the monitors so it could be shut off right away," he said. "The damage they could do was limited."

Townsend also said, however, that in the six years he has held his position at K-State, not all cases of computer hacking have been so

"We are constantly probed from around the world, with hackers looking for our vulnerabilities," Townsend said. Quite literally constant. Anything from student laptops, student computers in residence halls, computers in work stations, in offices, in labs, even servers." Although he said that the

Internet is a useful tool most of the time, Townsend said it is almost always subject to hackers. He also talked about a new type of hacking.
"Basically anything on the

Internet is potentially vulnerable," he said. "At one point or another, we've had every type of computer hacked. We're even starting to see malicious software targeting phones."

Townsend said the amount

of compromised computers is not increasing, but each

attack has certainly become more sophisticated. The fight for a secure computer is always changing. When K-State improves its defenses, hackers are finding new ways to by pass those defenses and spread infection.

"Your computer can get infected now by just visit-ing a web page without even having to click on any links," he said. "It's called a drive by download. Malicious code is looking for vulnerabilities in the software running on your computer and if you have that vulnerability, it will then exploit it and take control of your computer."

According to Townsend, one of today's most alarming risks is malicious software having the ability to watch actual key strokes and network traffic on your computer. It can then identify anything related to a bank account or financial information, intercept it and steal it.

'We've seen a number of instances of that kind of malicious software at K-State," he said. "It steals passwords, bank information, all sorts of things. The criminal can then use that information to drain your bank account or run up a huge bill on your credit card, and you don't even know it because it's so effective at hiding itself on your computer."

K-State's toughest battle thus far has been related to 'phishing scams' or scams that try to steal student eID passwords by sending devious emails that request passwords in order for students to continue use of their K-State

Townsend said efforts to combat these types of scams have finally paid off, with a



Carol Klopfenstein, Manhattan resident, bowls at the K-State Student Union's bowling alley on Tuesday. The

by profane language on Friday.

computer monitor shown was one of many compromised

Men's basketball wins final showdown

K-State traveled to Missouri to take on the Tigers and came back with their second win against a top-10 team this week.

Corbin McGuire staff writer

K-State captured second road victory against a top-10 team in a row on Tuesday against the Missouri Tigers, 78-68, giving Frank Martin his first victory in Columbia, Mo., as head coach of the Wildcats.

"I wish we could celebrate, but we play Iowa State on Saturday," Martin said of his team's success.

The all-time history between the two schools was ambiguous prior to Tuesday's game, according to an ESPN segment during the game; K-State claimed a 118-116 advantage while Missouri claimed a 117-117 tie.

According to ESPN analyst Doug Gottlieb, the series' debate stems from a 1913 meeting between the two schools in which each school owns a box score that claims its team won.

The advantage is no longer in question after the Wildcats defeated the Tigers for the second time this season

WINNING | pg. 3

Adviser offers tips for healthy relationships

contributing writer

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Com-

Approximately 35 students gathered in the K-State Student Union 213 to listen to a Healthy Relationships and Communications workshop led by Julie Hamel, academic adviser for the PILOTS program.

The PILOTS program is a year-long freshman orientation program that provides academic structure, offers individual attention and assists students in making a strong connection to the campus community.

Hamel, who is a former high school counselor, said she hopes that her workshop helped people understand characteristics of healthy relationships.

"I was pleased at how many students came to the work-shop," Hamel said. "I hope the students took something practical out of it; whether they are already in a relationship at the moment, and how they can improve it. If they are not, I hope they are aware of how to establish a healthy relationship in the

Hamel started off the workshop by pointing out the signs of an unhealthy relationship.

These signs include frequent arguing, dishonesty, excessive flirting with others, lack of communication, one person having dominance or control over decisions, big differences between partners, one-sided attraction, rushed physical intimacy and reliance on alcohol or other drugs, among others.

Hamel also said emotional abuse, such as humiliation, degrading comments and putdowns, and physical abuse, such as pushing, shoving, slap-



How to maintain healthy relationships was the topic of discussion during a packed workshop at the K-State Student Union on Tuesday.

are signs of an abusive relation-She also shared tips and discussed how to tell if a relation-

ping and forced sexual contact,

ship is going "down the dumps."
"When a couple is arguing a

lot, I have a theory it might be something else other than just a fight. Sometimes it is a sign that the relationship needs to be over, but neither partner will commit to a breakup," Hamel

Sarah Herigon, freshman in animal sciences and industry, said that Hamel's words helped her understand her past relationships.

"This statement impacted me individually because it showed me what went wrong in my last relationship. It showed me what I should have done a long time ago," Herigon said. "However, I took a lot of good information from this workshop. I learned how any relationship I have from now on until forever, I can keep heathy and not turn it into a mess."

Hamel described the stages of a romantic relationship as initial physical or emotional attraction, infatuation, emotional intimacy and physical intimacy.

Hamel discussed how these might go in order, but sometimes that is not the case; that is what can lead to an unhealthy relationship.

"Ninety percent of love songs are written about the infatuation love stage," Hamel said. "It is the phase that everyone likes to think and talk about all the time."

Certain types of intimacy can be another key component that Hamel said can lead to an unhealthy relationship.

"I learned that there are actual steps you can take before you get into a relationship and especially before you get into physical intimacy," said Maria Blando, freshman in human ecology. "This really opened my eyes because I have not been in a deep relationship yet. It made me realize that are a lot of elements to being in a serious relationship."

According to Hamel, if physical intimacy jumps higher up on the list of stages of romantic relationships, the relationship "tends to be a train wreck down the line."

There are ways, however, to improve relationships, and Hamel said that communica-

tion is key. Hamel's tips included setting clear boundaries, avoiding gender stereotypes and communicating thoughts and feel-

She highly encouraged audience members to take some time to think about what they want in a relationship and to set those boundaries for themselves and their partners to avoid moving too fast in a relationship.

By using "I" messages, assertiveness and choosing words carefully, Hamel said people are bound to be on better track with their relationship and the communication that comes

Nathan Klecker, junior in athletic training, agreed with Hamel about her communica-

tion tips. "Hamel gave lots of good tips and how to strengthen your relationship and how to pick a good relationship versus a bad

one," Klecker said. Klecker is in a long-distance relationship and said that more than 50 percent of his relationship had electronic communication.

When asked what he thought about relationships that tried to make up after they breakup, he said that it was a difficult task to pull off.

"It definitely gets worse," he said. "You forget about the person and put your attention on someone else. It is like you have to learn about that person all over again." Whether it is a best friend or

a romantic partner, Hamel said a healthy relationship is based on mutual respect and concern, good communication skills and a balance of power in the relationship. "If both the people in the

relationship have power, the relationship tends to go better,"

SGA ELECTIONS

Student vice presidential hopefuls debate issues

Jakki Thompson assistant news editor

K-State students and community members were able to listen to and familiarize themselves with the Student Governing Association vice presidential candidates on Tuesday in the K-State Student Union Courtyard. At the end of the speech and debate period, audience members were able to participate and ask the candidates questions.

The three vice presidential candidates are Grant Hill, junior in accounting, Michael Hampton, junior in finance, and Allison Penner, junior in microbiology. As the candidates took their respective seats on stage, the question and answer session began.

"Overall, I think it went well," Hill said. "It was a civilized debate where everyone's voice was heard. I think it was a great place for the candidates and for K-State students to be able to hear our ideas in a professional way. It was a way for the candidates and elections to become more well known."

The debate was in a question and answer format rather than an open forum. Typically, in open forum style debates, candidates are asked questions and are then allowed to answer the question and respond to other participants.

"I would have preferred an open forum style debate," Hampton said. "I really wanted to comment many different times at what other candidates were saying."

Question and answer debates can present certain challeges as candidates have to think on their feet when they are answering. Penner said that she had to often prepare her answers ahead of time, challenging her to keep her comments powerful yet succinct. "One of the challenges I per-

sonally faced was that I really had to think ahead about what I wanted to say," Penner said. "Candidates who spoke after me said things or phrased points that I wish I could have mentioned. But I knew that everything I wanted to say, I needed to say at the beginning and get it all out there."

Hampton said this was the first debate he had been a part of. He said he thinks these debates will get better over time, but also said that he felt he raised a lot of interesting facts and points during the debate as he conveyed his passionate ideas to the students.

"It was overall a nice debate," said Tyrone Williams, senior in dance, business management and social economics. "It was a way to get to know the candidates for who they are and what they can bring to SGA if elected into

Even though the speakers were able to talk about the specific platforms the teams of candidates will be running on, there were still some issues when it came to thinking of answers on the spot. Hill said the most difficult part of the debate was when the candidates were asked what K-State means to them.

"I am just one person," Hill said. "I am an individual on a campus of over 24,000 students. I want to be there and be the voice for the K-State students. But I want that voice to continue to show that K-State means something different to every individual student."

Audience members were able to mingle with the candidates after the event. The presidential debates will be today in the Union Courtyard at noon.



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Submission deadline is March 19, 2012

Applications can be picked up in the Director's Office on the 2nd floor of the K-State Student Union or downloaded from the Union's Website. Applications must be completed and returned to the Director's Office by 5:00 p.m. March 19, 2012.



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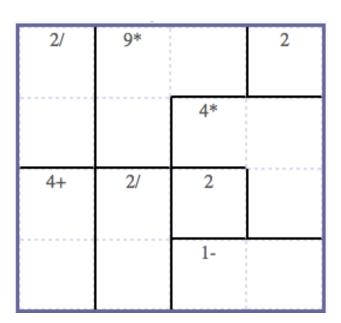
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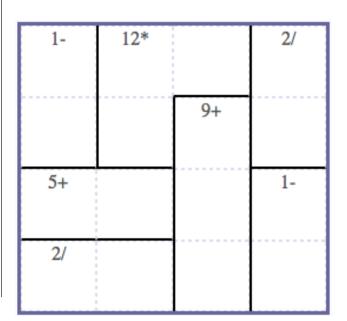
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MEN'S BASKETBALL

WINNING | Wildcats step up defense against Missouri

Continued from page 1

and in the two schools' last scheduled meeting, as Missouri will be departing for the Southeastern Conference in 2012-13.

Rodney McGruder played aggressively on offensive, hitting all eight of his free throws that ac-counted for a third of his 24 points against the Tigers.

"I was getting good looks and making my shots," McGruder said after the game.

Jamar Samuels nearly posted his sixth double-double of the season with his nine points and 10 re-

Jordan Henriquez made his presence felt in the paint with four blocks and Thomas Gipson brought 13 points off of 6-of-7 from the field.

"I think their length does bother

"That's a credit to our kids. They are taking so much pride in all the work that we do to build our defensive techniques and concepts. That allows us to spend a little more time on the offensive side of the ball to try and clean that up. "

Frank Martin

us and the way they play the game," said Missouri head coach Frank Haith. "I felt like when teams are aggressive, you got to math their physicality, you got to be aggressive back to them."

Will Spradling, Angel Rodriguez and Martavious Irving all added to the Wildcats' balanced attack with eight, seven and seven points each, respectively.

"It had to be because Missouri is really good," Martin said of the Wildcats' balanced offense. "We needed to play as a unit, and we

The game started off back and forth until the Wildcats went on

an 8-0 run to go up 19-16.

The Wildcats continued to defend and extend the lead, eventually taking an 11-point lead off of Samuel's 3-point shot off the Missouri senior Marcus

Denmon struggled from the field, hitting two of his eight shots in the first half, but he found his stroke in the second half.

Denmon and Michael Dixon led the Tiger offensive attack with

19 and 21 points apiece. Missouri's Kim English and



File Photo by Logan M. Jones | Collegian

Wildcat guard Martavious Irving pushes the ball up court during a game earlier this season. After winning a resume-boosting game against Baylor on Saturday, K-State played and defeated No. 3 ranked Missouri in Columbia on Tuesday.

Steve Moore both fouled out of the game with a combined nine points, more than eight points lower than their combined average.

The Wildcats' defense held the Tigers to 23 of 60 (.383) from the field for the game.

"That's a credit to our kids," Martin said of his team's defense. "They are taking so much pride in all the work that we do to build our defensive techniques and concepts. That allows us to spend a little more time on the offensive side of the ball to try and clean

The offense for the Wildcats ran ficiently, with a .538 shooting percentage from the field that included hitting 6-of-9 from 3-point

"I think 68 points is enough to win a game," Denmon said when

asked about the Tigers' shooting struggles. "We just have to guard."

Missouri's Phil Pressey strug-gled the entire game with his eight points off of 3-of-11 from the field. Rodriguez hit a three to come out of halftime and K-State continued to build its lead, getting it

to 16 off a McGruder layup until a quick 5-0 run by the Tigers prompted a timeout from Martin. English hit a 3-pointer to cut the Wildcat lead to three but the Wildcats responded accordingly with a three of their own from McGruder. Rodriguez followed

up another McGruder jumper and it an acrobatic lavup to bring the Wildcat lead back to eight. The Tigers continued to fight and eventually slimmed the Wild-

cat lead down to four and kept it

close until a four-point spurt from

the Wildcats gave them the distance they needed to come away

"We just stepped it up big on defense," McGruder said. "They made runs but we just had to retaliate every time.'

The Wildcats now have the rest of the week to prepare for the chance to even the season series with the Iowa State Cyclones, who they take on Saturday. The Cyclones erased a double digit deficit against the Wildcats in their last meeting on Jan. 31 when they defeated the Wildcats 72-70.

The Tigers lost their tie with U at the top of the Big 12 Conference standings and will look to get themselves back in a tie with the Jayhawks on Saturday when they travel to Lawrence for the two schools' final scheduled meeting.

WOMEN'S BASKETBALL

Wildcats to finish up February home games against Oklahoma State Cowgirls after big win versus Texas

sports editor

The K-State women's basketball team will hosts the Oklahoma State Cowgirls tonight at 7 p.m. in Bramlage

Coliseum. The first time the two teams met up in Stillwater, Okla., the Wildcats (17-9, 8-6 Big 12) came away with the win as they defeated the Cowgirls 67-56.

While K-State will be going into tonight's game with confidence after a 20point win over Texas, Oklahoma State (13-10, 5-9 Big 12) is on the other side of that luck, going into tonight's game while on a three-game losing skid.

Despite the fact the first time the Wildcats took on the Cowgirls they came home with a win, junior guard Brittany Chambers says her team does not take this game lightly.

"I think the first time we got hot really early, we had a huge run in the first half," Chambers said. "I think that that made the whole game easier; but going into this game we can't assume it's going to be that kind of game. They're a really, really tough team, and I think that they have more to show than they did in that first time and we

just got to be ready."

The Wildcats will need to keep an eye on sophomore guard Tiffany Bias, who, with an average of 11.7 points this season, came away from the last

last Saturday, and senior guard Tasha Dickey said she expects the defensive effort to be in full effect for tonight's

"I think for this team our defense

"We've got four more games in the Big 12, and then Big 12 tournament, and we're trying to get to that 20th win, that's a huge mark for us. We're trying to hold on to that third, fourth [place] position, I think that if we come in with a confident mindset, and really play like we have been playing, that'll be great."

> **Brittany Chambers** junior guard

matchup against K-State with 21 points. If given the open look, Bias will capitalize on taking shots.

"We've got to play transition defense," Chambers said. "They love to run, they're looking to run, and they can shoot. And so if we don't get down the court they're going to get wideopen looks."

K-State's strong defense played a key role in their success overcoming Texas dictates how we do on offense," Dickey said. "In the past we've struggled to score on offense, so if we can hold the other team defensively then maybe we can get our score and a chance to keep going."

Chambers recorded a double-double during the Wildcat's last contest against Oklahoma State with a gamehigh 29 points and 10 rebounds, and Dickey also had a strong showing with 15 points and eight rebounds. While the first time the two teams

matched up they were new to each other, Oklahoma State will come out knowing the strengths of Chambers and Dickey.

Dickey says the second time you play a team can often produce its chal-

"It's a lot harder, you know, because, of course, the first time they don't really know about you," Dickey said. "Second time you go in there and they kind of know your strengths and weaknesses. It's going to be tough, but I think we'll be able to do it."

Tonight's game will be the last home game for the Wildcats during the month of February, and it will be an important game for K-State as they look toward their Big 12 Conference season coming to an end.

"We've got four more games in the Big 12, and then Big 12 tournament," Chambers said, "and we're trying to get to that 20th win, that's a huge mark for us. We're trying to hold on to that third, fourth [place] position, I think that if we come in with a confident mindset, and really play like we have been playing, that'll be great."

FOOTBALL

Coaches promoted, hired for new season

Corry Hostetler

Head coach Bill Snyder and the K-State football team finalized its 2012 coaching staff last week with the promotion of two

coaches and hiring of another. Tom Hayes will take over as defensive coordinator, Joe Bob Clements as defensive run game coordinator and newly hired Mike Cox as linebackers coach.

Hayes will be entering his second year on the K-State staff after serving as the secondary coach and defensive pass game coordinator last season. He is taking over as defensive coordinator for Chris Cosh, who recently accepted the same position at South Florida.

Last season, Hayes was in charge of a unit that featured Nigel Malone, who led the Big 12 Conference with seven interceptions and was named a Walter Camp All-American. Along with Malone, the secondary also featured David Garrett, Tysyn Hartman and Ty Zimmerman, each earning Big 12 honors for their respective positions.

"Coach Hayes had a significant role in the continued improvement of our defense and brings a great deal of experi-ence to the program," Snyder said in an interview with K-State Sports.

Hayes, a graduate from the University of Iowa, has 30 years of coaching experience, including time spent at three Bowl Championship Series schools as well as with the New Orleans Saints and Washington Redskins of the NFL.

Former K-State player Joe Bob Clements, who is entering his 11th season on the coaching staff, will take over the title of defensive run game coordinator in addition to his usual duties as defensive ends coach, a position he has held since 2003. Last season, he mentored defensive end Meshak Williams to all-Big 12 honors as the K-State run defense significantly improved from the year before, finishing fourth in the conference in rush defense.

"Coach Clements has been a loyal and highly competent member of our program for many years and is more than deserving of this advancement," Snyder said.

Clements played defensive end for coach Snyder and the Wildcats in the late 1990s, originally joining the team as a walk-on before earning a scholarship prior to the 1996 season. He graduated from K-State in 1999 and joined Snyder's staff in the same year.

The newest member to the coaching staff, Mike Cox, takes over as linebackers coach after spending the last three seasons holding the same position at the University of Washington. Prior to that, he spent two seasons coaching the secondary and linebackers for the NFL's St. Louis Rams. He has also spent time during his career coaching at Michigan State, Louisville, Utah State and Idaho.

"Mike brings experience and knowledge as well as the appropriate intrinsic values to our program," Snyder said. "Our players will have a great appreciation for him."

Cox spent his playing career from 1983-1986 at the University of Idaho, starting as linebacker for three of those seasons. He is still one of the schools all-time defensive leaders, recording 252 tackles during his career.

The coaching moves set the 14-man coaching staff in place as the Wildcats prepare for spring practice, which begins on April 4, with this year's Spring Game scheduled for

MEN'S GOLF

Team finishes ninth at Rice Intercollegiate, next stop: California

Corry Hostetler staff writer

The K-State men's golf team traveled to the Westwood Golf Club near Houston for the Rice Intercollegiate on Monday and Tuesday. The team came away from the tournament with a ninth place overall finish out of 15 teams, carding a total score of 21-over-par 885.

The tournament began on Monday much the same as it did at last week's UTSA Invitational. The Wildcats were slow out of the gate, totaling a firstround score of 13-over-par 288 to put them into a tie for 13th overall heading into Monday

afternoon's second round.

That round, for the second week in a row, saw K-State's score improve dramatically from the opening round, as the Wildcat golfers shot 10 strokes better to score a 3-over-par 291. They finished play Monday tied for ninth place with Texas State.

"We had a good turnaround, a 10-shot improvement," head coach Tim Norris said. "There are a lot of shots we could have saved, two or three swings with the club would have created a three, four or five-shot difference. Those are mistakes we

In Tuesday's final round, the Wildcats weren't quite able

"We had a good turnaround, a 10-shot improvement. There are a lot of shots we could have saved, two or three swings with the club would have created a three, four or five-shot difference. Those are mistakes we have to fix."

Tim Norris head coach

to match their second-round success and finished the round with a team score of 5-over-par 293. After entering the round tied with Texas State, K-State was narrowly edged by the

Bobcats, who shot one stroke better to finish in eighth place while the Wildcats came in ninth. First place in the tournament went to the Northwestern Wildcats, who had a 54-hole

score of 2-under-par 862.

From an individual standpoint, K-State was led by sophomore David Klaudt, who set new career bests for himself with a 54-hole score of 1-overpar 217 and a tie for 10th place overall.

"I was extremely pleased with David Klaudt's perfor-mance." Norris said. "I am mance," Norris said. looking for some real good things out of David. It is good to see his hard work paying off."

Team captains Kyle Smell and Curtis Yonke finished tied for 24th place overall, each carding a 3-round score of 5-over-par 221. Freshman Kyle Weldon shot a 10-over-par 226 to tie for 52nd overall. Tyler Norris, son of head coach Tim Norris, made his spring debut for the Wildcats, coming in 81st overall with a total score of 33-over-par 249.

Two players finished in a tie for first place overall as Eric Chun of Northwestern University and Zachery Fullerton of New Mexico State University each finished with a total score of 6-under-par 210.

After getting next week off, the K-State golfers look to continue to improve upon this week's success on March 5-6, when they travel to Fresno, Calif., to compete in the Fresno State Classic.

Stress relief found in various forms, including music, food

Yoga, breathing techniques an easy way for students to relax.

Kelsey Castanon managing editor

As the semester picks up, so has the level of homework assignments, tests and social obligations - and stress is often a coinciding result. But there are many ways to handle anxieties, should you so choose to slow down enough to try them.

A common and easy way to relieve stress is through exercise.

Dianna Schalles, nutritionist at Lafene Health Center, said there are multiple reasons physical activity helps manage daily stresses, including that it "stimulaters brain neurotransmitters that help mediate our moods and emotions."

She also attributed yoga as a great stress alleviator.

"Numerous studies confirm that people who do yoga feel less stressed and are better able to handle highly stressful situations," Schalles said.

In a 2010 study by Boston University School of Medicine, published in the Journal of Alternative and Complementary Medicine, individuals were asked to participate in a one-hour yoga session while monitoring their levels of GABA (gamma aminobutryic acid), an "anti-anxiety" chemical that our brains produce naturally. Researchers found that in that one-hour period, levels of the "anti-anxiety" brain chemical increased by 27 percent.

However, yoga can also be a way to take your mind

off things.

"Yoga does help relieve stress," Kelsey Hixson-Bowles, senior in English, said. "There is a meditative component to yoga, where you practice being in the moment and not thinking about anything else. Clear-



Photo Illusration by Tommy Theis | Collegian

Eating sensibly is an effective way to relieve stress and decrease irritability, said Dianna Schalles, nutritionist at Lafene Health Center. Listening to music is also a way to reduce emotional distress.

ing my mind like this is an escape from to-do lists and

Because yoga does not necessarily tire people out, Hixson-Bowles said it does more than make people relax; it helps rejuvenate them.

But improving your mood and reducing stress doesn't have to rely on exercise alone. Erik Wray, senior in social work, was just introduced to a new method of stress relief that requires little movement at all.

"We had a biofeedback therapist come talk to our class [Social Work in Practice 2] about breathing techniques," Wray said. "We tried it in class. It really works. It was cool."

"We had a biofeedback therapist come talk to our class about breathing techniques."

> Erik Wray senior in social work

The therapist, Cheryl Harper, explained some of

the techniques to students,

which included belly breathing and dragon breath.

Belly breathing involves deep breaths through the stomach rather than the chest. Dragon breath is the action of letting out a big, loud sigh when breathing out.

The movements are intended to slow down breathing and clear the mind.

"They are supposed to release tension and stress," Wray said. "Doing the belly breathing one felt funny at first but it's easy once you get it."

He added that he noticed the difference in his stress levels immediately.

Another method in decreasing tensions could be listening to music. According to a March 8, 2007, article "The Power of Music to Reduce Stress," by Jane Collingwood on psychcentral.com, music reduces emotional distress and helps relieve depression especially classical music.

allows people to identify their stresses by expressing them through sound. Even something as simple as food can play a

factor in reducing stress. In

fact, Schalles said nothing is

This is also done through

music therapy. The article

reported that music therapy

as effective as being conscientious of what is on your plate.

"There is no stress formula that is better than eating sensibly," Schalles

said.

She said good nutrition helps the body handle stress by improving immune function and mood, which decreases irritability. Eating well also enhances cognitive ability to work through problems.

Whether it's breathing techniques, yoga or eating right, there are numerous ways that help kick stress out the door and replace it with relaxation.

New director, special effects fail to revive character in sequel



Photo courtesy of Sony Pictures

"Ghost Rider: Spirit of Vengence"

★★☆☆☆ Movie review by Tyler Brown

Debuting this past weekend to pessimistic fan expectations was the sequel/ re-envisioning, "Ghost Rider: Spirit of Vengeance." The original "Ghost Rider" movie debuted in 2007 from the now disliked director, Mark Steven Johnson. It suffered from bad writing, ham-fisted acting and special effects that made Ghost Rider's skull look like a plastic Halloween decoration.

This new incarnation

keeps Nicolas Cage as protagonist Johnny Blaze, gets rid of Johnson in favor of Mark Neveldine and Brian Taylor, directors of the "Crank" movies, and ups the ante for special effects when it comes to the (Ghost) Rider. One would think that the second and third improvements I listed would benefit "Ghost Rider: Spirit of Vengeance," but it can't overcome some of the detriments that took root in the character's first go-around that I mentioned

For this requel, the story is simple and somewhat familiar (think "The Omen" and "Rosemary's Baby"): the devil, a man called Roarke, needs a new host and is after a young boy, Danny, to take as his new host. The one thing that sets this film apart from the classics is its flame-skulled protagonist, hell-bent on stopping the deal from going down; and that's what the plot all comes down to, deals that were made between Roarke and other

characters.
Cage turns in another

slow-paced performance where his melancholic delivery leaves much to be desired. Sure, he has some quirky lines as Johnny, who likes to crack a joke instead of have a serious moment, but the in-betweens make it seem like he doesn't really care. Interestingly, Cage also did all of the motion-capture acting for The Rider which results in a creepy, predatory portrayal of the demoninfused Blaze; although interesting, there was a scenes in which I wanted the Rider to do something instead of

standing around, swaying. For the supporting cast, Idris Elba is entertaining as the wine-swigging rogue monk, Moreau, who wants to help Johnny, but only in return for Blaze protecting the boy. Roarke, played by veteran Ciarán Hinds, was a stereotypical big, bad boss. Fergus Riordan as Danny didn't exactly break the stereotype of boring child actors. Adding to that, Violante Placido as Danny's mother, Nadya, didn't have much to do except stand

around and look pretty.
Sadly, Johnny Whitworth,
who plays Roarke's henchman Carrigan and is later
turned into the supernaturally villainous Blackout, was
one of the only ones besides
Elba that seemed to care and
have fun with his role.

As "Ghost Rider: SOV" was filmed in eastern Europe on mountain roads, sprawling rocky landscapes or deep in a quarry, it isn't hard to tell where a lot of the budget went to - the special effects department. The Rider's leather clothing is now charred and bubbles like oil, his skull is burnt and blackened, and both his skull and the wheels of his motorcycle have flames that billow an acrid, black smoke. Another notable effect is Blackout's ability to rot anything he touches - wood, metal or

flesh.

Although the effects are revved up and the action scenes especially well-shot and exciting, the latter is sparsely populated throughout the film and I found myself on the brink of falling

asleep due to some scenes' struggles to keep my attention.

As a fan of the character, I'm sad to report that "Ghost Rider: Spirit of Vengeance" doesn't exactly break the mold of banality that was cast by the 2007 original. Although a few aspects are enhanced, the film can't help but trip over badly-paced, awkward, dialogue-heavy scenes.

A biker with a fiery skull using the forces of evil for good can make for a great story, it's just that this attempt, and its predecessor, succeed at visually capturing the character while utterly failing to translate what makes it interesting. For now, I'd suggest ignoring both of these movies, reading Jason Aaron's run on the "Ghost Rider" comic and hoping that there's hope of a rebooted, re-cast adaptation of that particular selection of source material.

Tyler Brown is a senior in English. Please send all comments to edge@kstatecollegian.com.

Multitasking less efficient than most college students believe

Brian Hampel

We are a generation of multitaskers. We are constantly surrounded by media devices of all sorts, and we've gotten accustomed to letting information wash over us constantly. Despite all of our multitasking, a 2009 Stanford study headed by Clifford Nass found that the more we multitask, the worse we become at multitasking.

Researchers surveyed students with questionnaires about their multitasking habits, asking how often they might have TV, video games, print, music, web browsing or other media choices in front of them at any given time. Then they selected students who were high multitaskers, with an average of four or more activities at once, and students who were low multitaskers, with an average of 1.5 simultaneous activities or

The students were given tasks that required them to bounce from one type of problem to another rather quickly.

One problem might be adding numbers, followed by a color problem, then a word problem, etc. The researchers expected the high multitaskers to outperform the low multitaskers, or at least to answer the questions more quickly, but in fact, the opposite was true, and the high multitaskers were slowed down by each change in subject matter.

change in subject matter.

For one, it is worth noting that the human brain doesn't literally multitask. Neuroscientist Jordan Grafman was quoted by Claudia Wallis in a March 27, 2006, Time article titled, "The Multitasking Generation," saying, "You're doing more than one thing, but you're ordering them and deciding which one to do at

any one time."

The human brain is analogous to a computer processor. Computers don't run multiple operations at once, even though we might have Word, Firefox and iTunes running at the same time. Instead, they jump between tasks thousands of times per second, and we can't quite keep up, so it seems like they are doing

many things at once.

Our brains work in much the same way. We don't truly keep track of multiple activities at once; we jump back and forth between tasks and later congratulate ourselves for having nigh-omnipotent multitasking powers.

Another part of the Stanford study had the students

"I feel like [multitasking] hurts any individual task, but overall, you get more done."

Parker Hall freshman in architectural engineering

view a group of blue and red rectangles on a screen. The screen would go blank for a few seconds, then the rectangles would reappear slightly differently arranged, and the students were to identify any of the red rectangles, and only the red ones, that had moved.

The researchers had predicted that the high multitaskers would be able to outperform the low multitaskers, assuming that the high multitaskers could filter out the irrelevant blue rectangles, but the low multitaskers won again. It seemed that the high multitaskers couldn't help but think about the blue rectangles, even knowing that they were irrelevant.

This pointed to another fact about multitasking: When we multitask, our brains are often drifting to the activities other than the ones we are focusing on at any given instant. In other words, we are constantly thinking about the greener grass on the other side of the fence. Perhaps we enjoy multitasking so much not because it helps us accomplish things, but because it constantly rewards us by giving us new opportunities to move to the "greener" grass and absorb information in short, green

This reporter camped out in Hale Library for half an hour polling everyone who walked by, and even when told that multitasking could be bad for them, all of the students still said they were regular multitaskers.

"Of course I multitask," said Braden Hyneck, junior in athletic training. "I'm a college student."

We are constantly looking for more and more information for ourselves, and most of the students mentioned modern technology as a key tool in our hunt for information.

Michael Williams, junior in finance, gave blame/credit to computers, saying, "We always have so many web pages open telling us what to do."

Jocelyn Clemons, junior in agricultural technology management, said she was so used to constantly glancing at Twitter on her phone during class that she couldn't always "piece together the important information in lectures."

The advent of the computer made it possible for us to access an unbelievably immense and constantly growing library of information in a matter of seconds, MP3

players freed us from the notion that we should ever be without any form of media for more than a few minutes, cellphones put our social lives into portable containers and now smartphones can do all of the above from the comfort of our pockets. However, this study suggests that our hunger for more information is actually bad for understanding that information.

If our multitasking hurts our understanding, it begs the question: Why do we still multitask? The consensus among the students in Hale was an issue of quality and quantity.

"I feel like [multitasking] hurts any individual task, but overall, you get more done," said Parker Hall, freshman in architectural engineering.

This illustrates another point: Multitasking feels productive. Even if it's detrimental to our efficiency, we will probably continue to multitask because, as Nass told CBS, "High multitaskers just love more and more information. Their greatest thrill is to get more."

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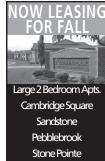
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Purchasing experiences may give students better value for money

Sam Etsell

contributing writer

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communi-

Many college students look for a good bargain before spending hard-earned money. Getting the most bang for their buck is often very important to those who are living on a limited income. When looking at how college students spend their excess money, there are two integral categories that spending falls into: material objects and experiences.

According to a 2006 study by O'Donnell & Associates published in the Monthly Labor Review, 40 percent of the money spent by college students

is spent at their own discretion. Out of that amount, 11.2 percent is spent on purchasing experiences, while the other 28.8 percent is spent on material objects. Even though these statistics illustrate that the majority of money goes toward purchasing objects, many find more value in purchasing expe-

"Material things are just material. With experiences, you get to do more things and I feel like it stays with you longer," said Melanie Hinzpeter, senior in animal sciences and industry. "I got to go to Europe, and it was expensive, but we got to go to a few cities and see a lot of old history that I would have never gotten to experience with a history book."

When these kinds of opportunities present themselves, college students are more than willing to take advantage of them. When asked if being in college has made an impact on her ability to have these experiences, Hinzpeter said she realizes that she has a strict budget to work with.

Yes, I have limited funds and often times the experiences are more expensive than the material things," she said.

According to Katie Haukos, senior in animal sciences and industry, her college years have taught her to prioritize her purchases, many of which include necessary, everyday items.

"Being in college makes me more aware of what I spend my money on," Haukos said. "It makes me realize the things that I am purchasing are objects that I need, as opposed to walking by something and buying it. I have to plan on having money for the objects I need to buy."

When Seth Shaver, sophomore in animal sciences and industry, goes to spend money, he said he would rather spend his extra money on experiences.

"I mainly only spend money on the necessities. Experiences give me better value for my money because they teach you life lessons," Shaver said. "They also give you a chance to achieve your goals. I would say purchasing my own cattle has been worth my money because they are a source of income and also teach me responsibility."

With a source of income in mind, experiences also prove to give students potential when looking at careers.

Dan Kuester, director of undergraduate studies in economics, said that meaningful experiences can lead to a return on investment.

'Studying abroad [is] a ben-

eficial thing that can create an in with an employer and can lead to internship opportuni-ties," Kuester said. "I do think it can really help in an intangible way by giving students that knowledge base and experience base when going in search of a

Some students, on the other hand, said they find better value in spending their money on the

tangible objects.
"I am not nearly as likely to spend money on an experience," said Stephanie Patterson, senior in anthropology. "I think that typically material objects give you better value for your money."

Patterson said she finds this to be true because objects generally have a longer-lasting affect than an experience.

"You deal with material goods everyday, but an experience would really have to change or affect me in order for me to feel it was worth the money spent," Patterson said. "I find that there are so many exciting and fun things that I can do for very little money that I will often choose to do that instead of spending more money for an experience."

By taking the time to research activities, college students can find things to do for very little cost. Kuester said there are a variety of ways that students can make smart spending choices.

"Take the time to carefully consider bargain opportunities with travel packages," Kuester said. "That is where you can save a lot. Being generally considerate on how people are spending their money and checking out alternatives for price can result in larger potential savings on the experience side."

HACKED | Profane threats

Continued from page 1

70 percent reduction rate in the number of compromised eID passwords between 2010

The university has also implemented additional firewalls and hired more security staff in the last year to focus on credit card security. He said when a computer has been compromised, K-State blocks access to that computer. It is entirely rebuilt from scratch and properly secured before it is allowed to return to the

In addition, there are several things K-State students should do to be proactive and prevent the headache of dealing with a hacked computer.

'Make sure that the software on your computer is patched with the latest security updates," Townsend said. "Apply the update, don't wait. That's a huge part of it. Also, never open an attachment you get in an email that you weren't expecting from someone, and even then be cautious because that's another way that malicious software is spread. Make sure you've got passwords on all of your computer accounts because we've seen a number of break-ins caused by lack of password or a real simple password."

The consequences of a hacked computer are not small. He said typically, the criminal has complete control over the computer. They could potentially delete everything on your computer or likely it

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will become part of a Botnet, a network of compromised computers that are used to damage other computers.

As far as the hacked computers in the K-State bowling alley, Townsend said they are transitioning into the investigative stage, trying to pinpoint the hackers and how it initially happened.

"At this point, we assist with trying to identify who did it and making sure the vendor does what they need to do to prevent it from happening again," Townsend said. The vendor is going to have to rebuild the software and reinstall it, and do it right this time. We're just trying to keep our digital information secure and keep the campus safe in the electronic world."

One Student Union employee said that it was surprising that the computers were hacked, but also expressed confidence in the staff's ability to fix the issue.

"I wasn't there at that point in time, but it's obviously a problem if someone's able to do that," the employee said. "I'm sure they'll get the bugs worked out really soon, especially after that event."

The employee said a new system sometimes causes difficulties, but reiterated that it won't be a problem in the

"It's just a new system and we're all getting used to it and having to deal with new things," the employee said. 'I'm sure this wasn't on the list, but they'll get it worked

MONEY SECTION

Investments more lucrative than savings

Alex Ondracek

People are often told from a young age that it is vital to save money and create a personal budget. In the state of the current economy, however, investing money into stocks, bonds and other various forms of securities may prove to be a wiser course of action than letting money sit in a savings account.

Banks are currently offering relatively low interest rates and at a time when inflation is at moderate levels, those looking to invest may find favorable market conditions.

Nancy Goodall, senior vice president and trust officer for CoreFirst Bank & Trust in Topeka, said that right now is a golden opportunity that college students need to seize and take advantage of the opportunities that the stock market presents.

With the economy starting to truly recover and stock prices low, students should start looking into the stock market to set up a plan, even a retirement plan," Goodall added. "It may sound early but you wouldn't believe how quickly retirement comes up."

Getting started is often the hardest part, Goodall said. She said it can also be the part that requires the most effort, and there are several tips she told students to keep in mind when

handling stocks. "Just take a percentage of ery paycheck and save it for stocks," Goodall said. "Go out with that money and find a local broker with a good track record to handle your stocks. Continue to give a percentage of your paychecks and reinvest your divi-

Goodall also advised students not to panic if stocks they purchase don't start off doing well.

"Stocks may crash, but don't sell at the low point. Stocks are cyclical and they will always go

According to a 2011 article in The Huffington Post, the percentage of people who own stock in America is at 54 percent.

Although this number is at an all-time low, Goodall said that many people still rely on investments to build wealth and plan for retirement. "If you invested \$10,000 at

the age of 20, given your portfolio experiences average growth, when the time comes around for you to retire, that \$10,000 will have grown to be about \$600,000," Goodall said.

Scott Hendrix, professor in fi-nance, agreed with Goodall and said the sooner students invest, the better off they are.

bad idea," Hendrix said. "Învest

'Just saving money is a pretty

immediately, look for tax friendly options and take acceptable levels of risk." Hendrix stressed the importance for students to balance

levels of risks by finding the right kinds of accounts and investments that are usually student-friendly. "Index and mutual funds are the best way for students to invest," Hendrix said. "They pool your money with a lot of other

people's, and then buy a wide

variety of different stocks to pro-

vide a safety net in case one fails.

They almost always and consis-

tently bring in a profit." Another good way to invest is through bonds, Hendrix said. Bonds are methods that various institutions use in order to borrow money. Bondholders, in essence, hold the institutions' debt and when a company makes a profit, they will first pay off loans before paying the stockholders.

"Bonds are less risky than

"Stocks may crash, but don't sell at the low point. Stocks are cyclical and they will always go back up. "

Nancy Goodall senior vice president and trust officer, CoreFirst Bank & Trust, Topeka

stocks and still provide a good profit for those who are less comfortable with investing their money," Hendrix said. "The thing about bonds though is to look for tax free bonds, to retain as much as the profit as you can."

Hendrix said regardless of which route students decided to take in making their money grow, one of the most important aspects is how much time the money is given to compound.

"Timing is crucial, and that time is now. If you were to invest \$1,000 every year for 10 years starting at the age of 20, then just let it sit in stocks, by the time you are 65 you will have roughly \$450,000," Hendrix said.

He continued by comparing the situation above to a situation in which the investor did not

start investing money until the

However, if you were to hold off starting to invest until you were 30 and followed the same plan of action, by the time you were 65, in this scenario you will have only made \$270,000," Hendrix said. "Either way you have made a profit off of your \$10,000, but one number is much larger than the other."

Although investing may be a good way to make money grow, saving money may be a good option for those who do not like the idea of taking the risks of the stock market. The stock market is often seen as a roller coaster, and some people just are not up for the ride.

"I believe students should save their money; investing is too risky," said Tim Costello, freshman in marketing and entrepreneurship. "Yes, while you may lose a little value in the money you have to inflation, you could lose a lot more of it to the stock market."

Costello offered a variety of tips on how to save money, and said that students need to first have money in order to save.

"Students can save money by shopping at thrift stores, buying the off-brand offered by the store and extreme couponing," Costello said. "I have found that coupons can save me literally hundreds of dollars a year when I look hard enough online for a

Saving money and investing noney both have their pros and cons. Some people are looking to make money, even if it involves minimal risk, while others are more focused on keeping the money they have earned.



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